

HEALING WITH MASSAGE

Massage is known to be one of the oldest forms of medical therapy practiced on the human body. The different styles of massage and the various techniques that encompass them dated back to our most ancient civilizations including ancient Greece and Rome, ancient India and China.

Now traditional healthcare facilities throughout North America have finally recognized the important therapeutic benefits that massage therapy gives to its patients. Lately, massage therapy has become integral to the health care industry. It's used to treat every patient imaginable – those with illnesses, chronic diseases, and also average people who are looking to attain a higher sense of well-being, and inner and outer harmony. It's now taking its natural place as a vital part of the health care practices of many people living in today's stress-heavy world.

A survey revealed that most hospitals worldwide now offer massage therapy as a patient service has increased by more than one third over the past two years. This means that most hospitals recognized the benefits that massage gives patients, and as a result **71% now offers massage therapy** for stress management, patient comfort, improved joint and muscle mobility, pregnancy, physical therapy, infant care, as part of both their post and pre-operative programs and also to comfort those in hospice facilities.

With aging one loses the agility and quickness of youth. Physical and mental strain causes weakness in the nerves and improper circulation of vital life fluids. Anxiety, tension, constant worrying and dissatisfaction have a detrimental effect on the body. These enemies of mental and physical well-being are known to bring on premature aging. To avoid this relaxation is a must. Massage is one of the most if not the most **beneficial remedy for stress and tension**.



Massage vibrates and energizes the: skin, muscles and nerves simultaneously and helps the body become light, active and full of vitality. Massage adds a natural shine to the skin and increases beauty. Massage is also known to increase intelligence, stamina, sexual vitality and self-confidence. As massage helps to relax the central nervous system, **healing happens** on many different levels: mental, physical, emotional, and many more..

Research has proven that massage therapy can help:

- **Boost the immune system and stimulates better blood circulation**
- **Significantly lower blood pressure**
- **Comfort those going through drug or alcohol withdrawal**
- **Sooth chronic joint, muscle pain and back problem**
- **Battle fatigue, ease stress and combat depression**
- **Reduces Migraine**

With many forms of massage available, **Traditional Thai Massage** was one of the most widely known in the world with many exploring its healing techniques brought to others. "Thai Massage" (Phaen Boran Raksaa Thang Nuat) is a Thai medical therapy as most has known is raksaa thaang nuat (healing massage treatment) or Nuat Thai or Nuad Boran styles of Thai Yoga therapy or the spiritual massage, healing work of Thailand.

Incorporates elements of mindfulness, gentle rocking, deep stretching and rhythmic compression to create a singular healing experience using Love, Compassion, Joy and Equanimity. Thai Massage is Yoga using Somatic technique and profession, a modality with standards established in the Buddhist holistic centers and temples thousands of years in the past. An established code of ethics known as the Buddha Dharma and the "Ten Rules of the Healer".

Northern Thailand, Chiangmai, most famous traditional Massage Medical School, The Thai Massage School SHIVAGAKOMARPAJ, "The Old Medicine Hospital" is the birth of Traditional Thai Massage under the auspices of Grand Master Ajan Sintorn with the ultimate aim of balancing the chi for healing and relaxing! Over the years, many have refined their techniques to suit the present market. You can find out more by visiting www.TTQM.com.sg

TT Quick Massage (TTQM) provides customers, from children to executives and professionals, with quick and professional massage services by experienced therapist in a comfortable and hygienic environment. All massage therapists has been specially trained with experience by Thai Massage School Masters, providing only the Original **Traditional Thai Massage** services to customers. TTQM is a new chain of no-frills, quality lifestyle massage hub.

4 types of Thai Massage:

1. **Head Massage**
2. **Shoulder & Back Massage**
3. **Foot Massage**
4. **Spots Massage**

All our massages are very **Effective** by pressing direct to the **Pressure Point**, especially for healing of muscle aches, migraine, back pain & injuries, etc.

After a massage, most people feel very relaxed.

Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity, which can last for days.

The Biggest Mistake...that over 90% Of Therapist Make:

Too much pressure on the **WRONG POINT** of customer body causing pain!

How can you fully relax when you're in pain at the wrong point? Inexperience Therapist always tells you the more pain the better it is BUT how to be productive when you feel painful for the next few days?

MORE COMING UP NEXT... BACK PAIN

Also catch our books launching soon...

